

**ABSTRACT**

A method and system of regulating the computation load of an MPEG encoder in a video processing system are provided. A stream of data blocks is received and buffered temporarily for subsequent retrieval during an encoding mode. The buffered data block is then retrieved from the buffer for an encoding operation in accordance with a conventional encoding method. Meanwhile, the fullness level of the buffer is monitored to determine an appropriate encoding complexity for a subsequent encoding process. To this end, a predetermine threshold range is compared to the fullness level so that the subsequent encoding operation can be performed at an improved buffer efficiency.